

# Thai-Style Chicken Burger

## Ingredients

- 1 pound ground chicken, preferably dark meat
- 2 garlic cloves, very finely minced - I always use my garlic press to mince garlic
- 2/3 cup cilantro, finely chopped
- 2 shallots, very finely minced
- 1 teaspoon red chili pepper, (also called red fresno peppers) very finely minced, seeds and ribs removed - If you can't find a red chili then you can use a jalapeño pepper or a Anaheim pepper. You can also add more chili to suit your taste.
- 2 teaspoons fish sauce
- 1/2 teaspoon coarse sea salt
- 1/2 teaspoon freshly ground black pepper

## Preparation

Ok, lets start by washing and mincing up your red chili pepper.

Wash and chop up your cilantro (yes, there is a lot of cilantro to chop up).

Mince your 2 shallots and garlic cloves.

In a medium bowl, gently combine (with a fork, spatula or gently with your hands) the chicken, garlic, cilantro, shallots, red chili, fish sauce, salt and pepper.



1. Note: When you mix your seasonings into the meat, it's important to remember that the more you handle the meat, and the more you squish it around, the more dense your burger will be. You might also squeeze out some of the juices and end up with a drier burger.
2. Gently form the mixture into four patties. I will admit that this mixture is a bit sticky and can be a bit flimsy. I was worried that they might not hold together when grilled, but they grilled up great and didn't fall apart.
3. Tip: Use your thumb to create a dimple or well in the center of the patty, as this will ensure the burgers cook evenly without plumping up. Start cooking the burgers indentation side up.
4. Heat a grill or grill pan over medium heat. Note: If you're using a grill pan, then be sure to rub each burger on both sides with a bit of safflower or another neutral oil. If you're going to be grilling the burgers on a regular old grill, then you don't need to add any oil to them.
5. Grill the burgers indentation side up for 8 minutes, then flip the burgers over and cook them for another 5 minutes, or until they are nicely marked and firm to the touch.
6. Tip: Don't press down on the patties or you will squeeze out and lose the flavorful juices.
7. Forget the ketchup, you have to top these burgers with my cilantro lime mayonnaise, as it's the bomb! We love to sandwich our burgers between a broiled english muffin. I throw the english muffins under the broiler (or you can just throw them on the grill) for a few minutes topped with a bit of butter to keep them moist. I love these topped with a juicy tomato slice as well as a smashed avocado.